

Holderness Recreation Fall Program

BALLROOM DANCING

With Juli Pruden



Thursday Nights at Holderness Town Hall

Ballroom, Latin, and Swing Dance Returns to Holderness Rec in September on Thursday nights with ISTD trained instructor, Juli Pruden. Couples and singles are welcome, although finding a partner, any partner, is helpful. Classes are one hour each week and will give you not just the steps and patterns, but also the technique and partnership skills to make them look and feel comfortable and smooth.

Fall Session: October 28th to December 9th (No class on 11/25).

Pre-registrations due by October 21st

5:45-6:45PM Beginner Night Club 2 Step--Night Club Two Step is an essential dance for social dancing. It accommodates a wide range of tempos and is like a lovely mixture of waltz, salsa, and bolero. The bonus: it's easy to learn and so handy for wedding season.

6:45-7:45PM Beginner Ballroom--This class will overcome your shyness about getting out on a dance floor with the basics in Foxtrot, Waltz, and East Coast Swing as well as the partnership skills to make them look and feel good. Join in the fun!

7:45-8:45PM Beginner Merengue--Merengue is a popular dance, in part because it's so easy to learn. It's the national dance of the Dominican Republic, and the music is very upbeat. The rhythm is straightforward so even if you have 2 left feet, you can master this dance in no time! Come join the party!!

6 week session is \$120 couple. If you are interested but do not have a partner, you may still attend, but need to know that you may be dancing solo. The single cost is \$65.

Masks are required for this class.

Registration information is available on the recreation web site. At www.holderness-nh.gov or you can register online at <https://holdernessrecnh.recdesk.com/Community/Program>

Please contact Wendy in the recreation office for more information. 603-968-3700 or recreation@holderness-nh.gov



Traditional Basket Making with Ray Lagasse



**Saturday, February 19th, March 19th & April 16th
8:30—4:30pm at Holderness Town Hall**

Make a basket using traditional methods. Choose from over ten styles: Double-Pie, Pack, Woolgathering, Laundry, Stair and more. Call or email for the complete list.



Cost: \$130 regular basket (Berry is \$85)
\$160—\$170 lidded basket (requires 2 dates)

Materials and use of tools included in workshop fee.

Please bring your lunch and drinks. Pre-registration is required and space is limited. Masks may be required.

Space fills fast, so register today!



Online Registration is now available!

You may now register online for most of our classes and programs. Simply visit www.holderness-nh.gov and then go to the recreation page. Here you will find the link to the online system.

If you have any questions, please contact Wendy at 603-968-3700 or recreation@holderness-nh.gov.

Tai Chi—in person—Yay!

Tai Chi is a martial art designed to improve health and reduce tension. The slow, graceful movements promote **balance** and overall vitality. Tai Chi builds strength, endurance, coordination, memory and confidence. Current research has shown that Tai Chi **reduces the risks of falling** and relieves symptoms of arthritis, Parkinson's disease, peripheral neuropathy and back pain. The practice of Tai Chi movements improves circulation and respiration. Tai Chi originated in China and is practiced worldwide to enhance overall health and wellbeing.

When: Wednesday's from 5:30—6:30 pm—Regular Tai Chi

Dates: Nov. 17th to January 12th (no class 11/24)

Where: Holderness Town Hall

Cost: \$80 (8 week series)

Instructor: Darcy Cushing



Kids Cooking Class—virtual

6 Thursdays: 11/4-12/16 @ 5:30 pm EASTERN (no class 11/25)

It may be cool and getting dark outside, but this class will warm up and brighten your day with great recipes for all to enjoy. We are teaming up with Kids Test Kitchen to bring you a new experience in cooking.



Fall Menu: Artichokes & Aioli, Winter Comfort Stew, Potato Gnocchi, Nourishing Nachos, Stuffed Peppers, and Polenta with Fruit Salsa. Younger students may require the help of a sous chef. Set your student up for success; parent availability for assistance & supervision is encouraged.

Once you have registered through Holderness Recreation you will receive an invitation to the class and you will have access to the recipe, ingredient shopping list, pre-class prep instructions & Zoom link.

\$80 for a 6 week class. **Please register by November 2nd.**

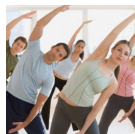
Early Bird Exercise With Anne Packard

Come out and join us for a great eye opener at a great price with great people. Our workout will incorporate hi/lo impact workouts, step aerobics & free weights. This is a great time to get in shape for fall and winter activities. Come on out and give it a try.

Fall class schedule is Mon., Wed., and Fri. from 6—7am.

Cost: \$50 (12wk session)

Location: Holderness Town Hall



Adult Programs at the Holderness Central School

You must pre register for each of these programs through the recreation office or online portal.

Adult Basketball

Monday nights from 7—9pm. Ages 18+. Recreational play. \$5 per season. Season I Oct. 18th - Jan. 31st, Season II Feb. 7th to June 27th.

Adult Pickleball

Friday Nights, starting Oct. 15th from 6-8pm. Ages 18+. Recreational play, all levels welcome. \$5 for the season.

Adult Volleyball

Tuesday nights starting Nov. 2nd from 7—9pm. Ages 18+. Recreational play all levels welcome. \$5 for the season.

Programs do not run on days when the school is closed due to inclement weather, holidays, vacation weeks or school events. Masks are required for these programs. Please visit www.holderness-nh.gov, email recreation@holderness-nh.gov or call 603-968-3700 for more information.

COVID Information

Pre registration is required for all programs. Currently, when entering Town Hall, we are asking everyone to wear a mask regardless of vaccination status. During programs, masks may be required for some classes and not for others depending on the ability to social distance and how close the nature of the instruction / activity is. We thank you for your cooperation.

Holderness Halloween Happenings



Happy
Halloween

Sunday, October 31st

1-4pm

The Inn on Golden Pond free Halloween party with pumpkin decorating, bounce house, live music, face painting, balloon animal artist, food trucks and games!

4-6pm

Adar Home Group Trunk or Treat Event followed by Holder-ness Downtown trick or treating



4-6pm

Trunk of Treat and Down town trick or treating. Come Trick or treat with us and celebrate this fun halloween evening! There will be food trucks and of course yummy candy!



kw LAKES & MOUNTAINS
KELLERWILLIAMS. REALTY



603-968-7459

